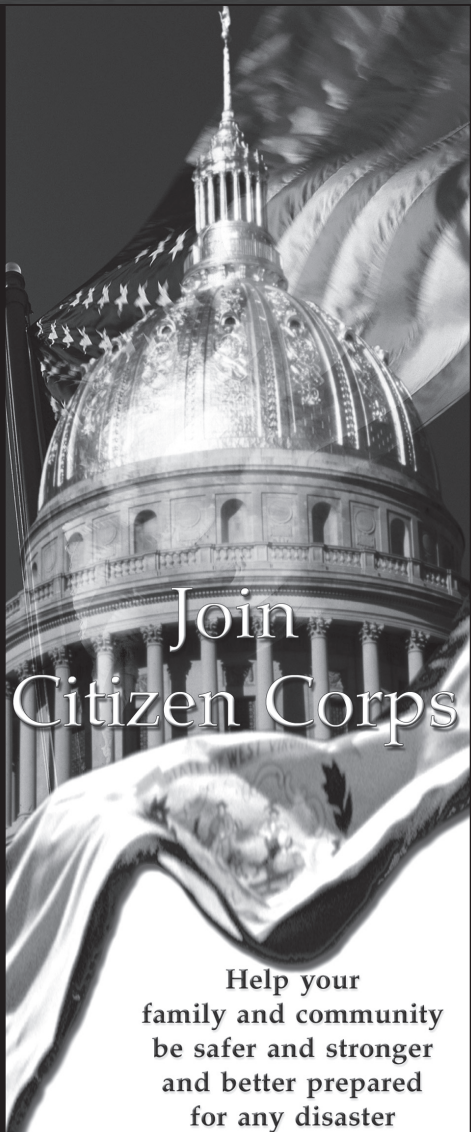


# Citizen Corps in West Virginia

WVCC-C13



Help your  
family and community  
be safer and stronger  
and better prepared  
for any disaster

## For more information, contact:

West Virginia  
Citizen Corps Coordinator  
phone: (304) 965-2779

e-mail: [wvccorp@wvoes.state.wv.us](mailto:wvccorp@wvoes.state.wv.us)

address:  
1900 Kanawha Blvd., East  
Building 1, Room EB-80  
Charleston, WV 25305-0360

Visit [www.citizencorps.gov](http://www.citizencorps.gov).

## Be ready!

**You never know when an emergency will happen.**

### • Prepare a disaster kit

Your family will be better prepared and calmer if you put together a family disaster kit with supplies to help you wait for help or cope with evacuation. Once an emergency happens, you won't have time to shop or search for supplies.

Having the basics you will need to survive an emergency stored in a backpack or knapsack is a smart move. The kit should include first aid supplies, water, ready to eat food, extra clothes, money, blankets, flashlights, etc. For a complete supply list, visit [www.citizencorps.gov](http://www.citizencorps.gov) or [www.redcross.org](http://www.redcross.org). You may also call your local emergency services office, local chapter of the American Red Cross or local Citizen Corps council.

### • Make a family disaster plan

When disaster strikes, each member of your family can know what to do to stay safe if you prepare in advance. The plan should include contact information, meeting locations and procedures to turn off water and utilities to the family home.

For complete instructions on how to write a family emergency plan, visit [www.citizencorps.gov](http://www.citizencorps.gov) and click "Are you ready?" Then click on "Family Disaster Plan (PDF)." You may also call your local emergency service office, local chapter of the American Red Cross or local Citizen Corps council.

### • Be ready for possible power outages

Severe storms in the spring and winter can cause power outages and the loss of refrigerated or frozen foods. If you place clean plastic milk or juice containers of water in your freezer, you have a backup source of coldness and a backup source of drinking water.

For smaller freezers, zipper bags of frozen water will also serve as a backup cold source. When the power is out, you may want to put some of your ice in the refrigerator. However, avoid opening refrigerator and freezer doors unnecessarily.

If you have children in your home, you may want to tape the freezer and refrigerator doors closed with a "keep out" sign.